



# July 2022

## Calendar of Events

336-753-6230



**Main Campus: Bobby H. Knight Senior Services Building**  
278 Meroney Street, Mocksville, NC

**Brock Campus: Brock Recreation Center**  
644 North Main Street, Mocksville, NC

### Friday, July 1

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 3:00 PM  
Exercise Room - Brock Campus

### Monday, July 4

CLOSED

### Tuesday, July 5

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM  
Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Blood Pressure Screening - 10:00 AM  
Multipurpose Room - Main Campus
- ♦ Dominoes - 1:00 PM  
New Classroom - Main Campus

### Wednesday, July 6

- ♦ Day Trip - Depart at 8:30 AM  
Main Campus
- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM  
Classrooms A/B - Main Campus
- ♦ Crocheting - 9:00 - 11:00 AM  
New Classroom - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM  
Gym - Brock Campus
- ♦ Duplicate Bridge - 1:00 - 4:15 PM  
Multipurpose Room - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM  
Gym - Brock Campus

### Thursday, July 7

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Texas Hold 'Em - 1:00 PM  
New Classroom - Main Campus

- ♦ Senior Writing Group - 2:00 PM  
Classrooms A/B - Main Campus
- ♦ Memory Café - 2:00 PM  
Multipurpose Room - Main Campus
- ♦ Farmer's Market Voucher Issue - 2 - 4:00 PM  
Multipurpose Room - Main Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM  
Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM  
Exercise Room - Brock Campus

### Friday, July 8

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 3:00 PM  
Exercise Room - Brock Campus
- ♦ Crafternoon - Tie Dye Craft - 2:00 PM  
Davie County Public Library, Mocksville

### Monday, July 11

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Art Class - 9:00 AM - 12:00 PM  
Classrooms A/B - Main Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Skipbo - 1:00 PM  
New Classroom - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM  
Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room  
Brock Campus **\*must be pre-registered\***

### Tuesday, July 12

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM  
Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Coffee & Caregiving - 10:00 AM  
New Classroom - Main Campus



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- ♦ Dominoes - 1:00 PM  
New Classroom - Main Campus
- ♦ Signs of a Heart Attack – 2:00 PM  
Multipurpose Room - Main Campus
- ♦ Farmer's Market Voucher Issue - 2 - 4:00 PM  
Multipurpose Room - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### Wednesday, July 13

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM  
Classrooms A/B - Main Campus
- ♦ Crocheting - 9:00 - 11:00 AM  
New Classroom - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Papercrafting Extravaganza - 1:00 PM  
Classrooms A/B Main Campus
- ♦ Duplicate Bridge - 1:00 - 4:15 PM  
Multipurpose Room - Main Campus
- ♦ Got Plans? - 1:00 PM  
Multipurpose Room - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM  
Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### Thursday, July 14

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Texas Hold 'Em - 1:00 PM  
New Classroom - Main Campus
- ♦ Red, White & Blue Party - 2:00 PM  
Multipurpose Room - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus

- ♦ Chair Yoga - 4:00 - 5:00 PM  
Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM  
Exercise Room - Brock Campus

### Friday, July 15

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 3:00 PM  
Exercise Room - Brock Campus

### Monday, July 18

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Bowling League - 9:00 AM  
Creekside Lanes - \$
- ♦ Art Class - 9:00 AM - 12:00 PM  
Classrooms A/B - Main Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Skipbo - 1:00 PM  
New Classroom - Main Campus
- ♦ Monthly Movie - 1:00 PM  
Multipurpose Room - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM  
Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room  
Brock Campus **\*must be pre-registered\***

### Tuesday, July 19

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM  
Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Tech Tuesday - 10:00 AM  
Computer Lab - Main Campus
- ♦ Dominoes - 1:00 PM  
New Classroom - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus

\$ - Denotes Charge for Activity



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- ♦ Advisory Council - 3:00 PM  
Classrooms A/B - Main Campus
- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### **Wednesday, July 20**

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM  
Classrooms A/B - Main Campus
- ♦ Crocheting - 9:00 - 11:00 AM  
New Classroom - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Duplicate Bridge - 1:00 - 4:15 PM  
Multipurpose Room - Main Campus
- ♦ Grands Cornhole - 1:00 PM  
Gym - Brock Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM  
Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### **Thursday, July 21**

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Book Club - 12:30 PM  
Davie County Public Library - Mocksville
- ♦ Texas Hold 'Em - 1:00 PM  
New Classroom - Main Campus
- ♦ Bingo - 1:00 PM  
Multipurpose Room - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM  
Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM  
Exercise Room - Brock Campus

### **Friday, July 22**

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 3:00 PM  
Exercise Room - Brock Campus

### **Monday, July 25**

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Art Class - 9:00 AM - 12:00 PM  
Classrooms A/B - Main Campus
- ♦ Bowling League - 9:00 AM  
Creekside Lanes - \$
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ What's Cooking? - 1:00 PM  
Multipurpose Room - Main Campus
- ♦ Skipbo - 1:00 PM  
New Classroom - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM  
Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room  
Brock Campus **\*must be pre-registered\***

### **Tuesday, July 26**

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM  
Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Coffee & Caregiving - 10:00 AM  
New Classroom - Main Campus
- ♦ Dominoes - 1:00 PM  
New Classroom - Main Campus
- ♦ Theatre Club - 1:00 PM  
Classrooms A/B - Main Campus
- ♦ Veterans Social - 1:00 PM  
Multipurpose Room - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus



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- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### Wednesday, July 27

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM  
Classrooms A/B - Main Campus
- ♦ Crocheting - 9:00 - 11:00 AM  
New Classroom - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM  
Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room  
Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room  
Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Duplicate Bridge - 1:00 - 4:15 PM  
Multipurpose Room - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM  
Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM  
Exercise Room - Brock Campus

### Thursday, July 28

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM  
Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM  
Exercise Room - Brock Campus
- ♦ Texas Hold 'Em - 1:00 PM  
New Classroom - Main Campus
- ♦ Good Health Club - 1:00 PM  
Classrooms A/B - Main Campus
- ♦ Zumba - 2:00 - 3:00 PM  
Exercise Room - Brock Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM  
Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM  
Exercise Room - Brock Campus

### Friday, July 29

- ♦ SilverHealth - 8:30 - 9:00 AM  
Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM  
Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM  
Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 3:00 PM  
Exercise Room - Brock Campus



### Daily Happenings:

#### **Main Campus:**

Senior Lunchbox - 11:00 AM  
Computer Lab - 8:00 AM - 4:30 PM  
**unless otherwise posted.**  
Drop In Activities - 8:00 AM - 4:30 PM

#### **Brock Campus:**

SHIIP Appointments - **call to schedule.**  
Walking Hours - 8:00 - 10:00 AM  
**unless otherwise posted - Gym**  
Open Gym - 10:00 AM - 8:00 PM  
**unless otherwise posted.**

Fitness Room -

**Monday - Thursday: 8:00 AM - 8:00 PM**

**Friday: 8:00 AM - 4:30 PM**

